

For daily & seasonal specials, please check the board

Ask about **gluten free**, **dairy free**,
vegetarian (V) , **vegan (Vg)** options

Breakfast

Porridge	2.50	V /Vg
Buttered toast 1 or 2 slice(s)	1.50/2.10	V
Beans on toast	3.25	V /Vg
Avocado on toast 1 or 2 slice(s)	3.75/5.95	Vg

Selection of teacakes ,crumpets,
toast & muffins

Early Bird Special until 11am

Tea with either toast,
a teacake or crumpets 3.50

Toasted Sandwiches

Cheddar cheese	4.05	V
Ham and cheese	4.65	
Cheese and beans	4.45	V
Tuna cheese melt	4.65	
Brie, cranberry, pear	4.95	V
Goats' cheese, fig jam, ham	4.95	

Selection of cakes and treats

Salads

Roasted Cauliflower & Feta:

Roasted Harissa Cauliflower
with feta, toasted seeds &
mixed salad

6.95 V

Serrano:

Serrano ham, mixed salad,
avocado, olives & feta cheese

7.50

Green Goddess:

Whole avocado with mixed
salad, and toasted seeds

6.95 Vg

Chicken and Avocado with
mixed salad

7.95

Mediterranean Platter:

Houmous, olives, feta, avocado,
mixed salad & pitta bread

8.95 V

Extra side salad

2.50

Extra avocado:

quarter/half/whole

0.75/1.5/3

Extra pitta bread

1.50

Jacket Potato with salad 5.90 +

+ Choice of fillings, individually
priced:

cheese/tuna mayonnaise/ houmous
and sundried tomato/beans /
smoky bean chilli

Soup of the Day

4.70

Sandwiches

Cream cheese & cucumber	2.50	V
Cheese and salad	3.25	V
Egg mayonnaise	3.50	V
Houmous, sundried tomato, rocket	3.95	V
Ham, cheese, salad	3.70	
Ham and salad	3.20	
Tuna mayonnaise, cucumber	3.65	
Chicken, mayonnaise & salad	3.95	
Chicken & avocado	4.50	

Kids Menu

Beans on toast	2.25	V /Vg
Cheese/ham/jam sandwich	2.25	
Jacket potato	3.20 +	
+ Fillings, individually priced		

Houmous and breadsticks	2.50	V /Vg
Fresh fruit pot	1.60	

Kids Club Deal from 3pm

Kids sandwich or beans on toast
with juice or smoothie 3.95

Selection of hot & cold drinks